



The No Sweat Gazette

Extra Edition

January 3, 2020



Celebrating Happy Holidays With the Sticks

President
Barbara Nuss

Vice President
Beverly Bales

Secretary
Judy Gregory

Treasurer
Steve Hughart

Publicity
Barbara Nuss

The Annual Sticks Christmas Party

Members Gathered on December 4th at Casa Garden Restaurant
Photos by Bruce Calkins, NSG Roving Photographer



Christmas at the Adobes in Monterey and Point Lobos

By Jean Whitlock

No Sweat Gazette Roving Reporter

CHRISTMAS AT THE ADOBES: It was our first experience at doing Christmas at the Adobes. I am not sure what I expected, but after spending



two evenings walking and exploring the 23 Monterey Adobes, I am unable to write a small synopsis or try to put the total experience in words. It was an ineffable experience. I can tell you the sights, the sounds – his-



toric musical instruments (Hurdy Gurdy, vintage Mexican Harp, a brass band with musicians dressed

in Union Civil War uniforms - luminaries lining the streets, Christmas trees, the colors, the food, - homemade Christmas cookies and hot chocolate or apple cider, the qualified docents, period dancers in gorgeous dress, and most of the fun group of Sacramento Walking Sticks who shared the fun. I recommend, if you ever have a chance to experience Christmas at the Adobes, you do so because it is a memorable experience.

POINT LOBOS is probably one of the most beautiful scenic locations on the coast of central California. It was our first time to walk the “loop.” Again, it is hard to express the beauty of the site. I’m counting on the shared photos of Stick walkers to help convey this experience. It was a beautiful sunny day just cool enough to be comfortable.



The first part of the walk was as expected: steps, roots, and gorgeous views. We sure didn’t expect to see



pelicans in the trees. That was amazing. The second part of the walk was flat and more inland. Again, if you haven’t ever experienced this, please do so; there are places on our earth that fill your heart with joy, and surely this place is one of them.



A Walk in Capitola, December 13



Afternoon Pacific Grove Walk, December 14



CHOICES: The December 27th Holiday Lights Walk

It is Friday evening. Do we stay in our cozy home with the sparkling Christmas lights? Or do we brave the cold and go for a Sticks walk? It would have been so easy to stay home. Instead, we joined a group of folks in West Sacramento and walked to the State Capital to see the State Tree and the famous Moon Tree. You'll have to Google "Moon Tree" to read the fascinating story of the Sequoia seeds that went to the Moon on Apollo 14.

The weather was cool but not uncomfortable. Three new walkers joined the group. Some skyscraper buildings on the Capital Mall allowed visitors to visit their beautiful Christmas decorations. A few folks dined at Broderick's, the famous burger restaurant in West Sacramento. All in all, choosing to walk was, for us, the best choice for a quickie 5K and truly enjoyable winter evening. —**Jeannie Whitlock, NSG Roving Reporter**



The Point Lobos 10K YRE—WOW!

by John McLaughlin

Early on Sunday, Dec 15, the third morning of the Sticks weekend holiday road trip to Capitola and Monterey, many of us met at the Whaler's Cove parking lot in Point Lobos State Park for the planned YRE hikes there. While everybody in



the group photo headed up the hill to do the 5K YRE, Kaia and I headed out in the opposite direction to walk the half mile or so back to the park entrance station where we met Phyllis & Miles Wichelns and Jocelyn Bliss at the Start Point for the Point Lobos 10K YRE.

Having never been to Point Lobos before, I did not realize when we took our first steps on the walk that we would soon be following the trail of as spectacular a hike as I had ever taken. The South Bay Striders, in their walk instruction pamphlet for the Point Lobos 10K YRE #0045, describe the walk this way:

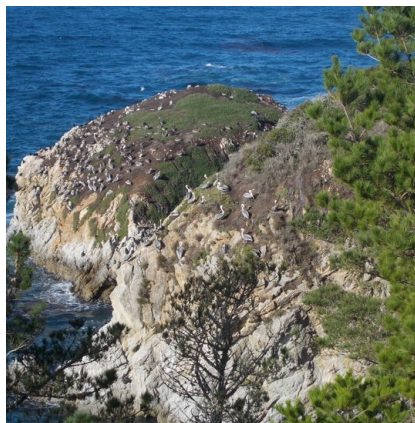
"This Monterey county walk is one of the most beautiful AVA year-round events in the United States. The trail goes around the perimeter of Point Lobos reserve with breathtaking vistas of the Big Sur coastline, rocky seaside, and Carmel Bay.

You might be lucky enough to see sea otters frolicking in the surf, or gray whales spouting on their trip

along the coast. There are also a lot of non-aquatic wildlife in the reserve.

The trail is very rough with roots, dirt paths, rocks, and potholes abounding. But if you can navigate a challenging trail, this is a MUST DO EVENT. It has often been rated in a personal top 10 events and deservedly so."

On that Sunday morning, the sun was shining, the wind was calm, and you could almost feel the thick and fragrant salty sea air hugging you. We didn't see whales or sea otters, but along the earlier kilometers of the hike, once the trail took us out of its enchanting forested section and toward the ocean cliffs, we suddenly noticed the presence of great numbers of brown pelicans. It was charming, exciting, and even a bit



comical at times to watch these proud and sizable birds soaring about at height on tufts of rising air with their wings fixed—or winging it with deliberate purpose from roost to roost—or scores of them sitting in frolicking, chatty groups on the barren seaside rocks and cliffs. As the trail continued along the edge of the ocean, though, the most exciting and dramatic sight for me was that of the

crashing surf as it constantly, with huge wave after huge wave after huge wave, pounded against the big rocks and cliff sides and sent spectacular explosions of white ocean spray to great heights and widths all along the way. It was all simply breathtaking; we were mesmerized



by the astounding beauty of it all, and we had completed the 10K and were back at the Whaler's Cove parking lot before we knew it. None of these words or snapshots can, of course, begin to adequately describe the special hikes at Point Lobos, so, as the Striders say in their instruction brochure, this is indeed a MUST DO EVENT.



By the way, word of mouth, rumor, and even the South Bay Striders above warn that these Point Lobos hikes can be difficult, tricky, even dangerous. But in truth, anybody and everybody should be able to experience the stunning beauty of this

special place on its wilderness trails if they are as creative as Miles Wichelns was on that Sunday morning. While Kaia and I had walked to meet Phyllis, Miles, and Jocelyn at the 10K start point, Miles actually didn't join us on the mapped 10K route. Rather, he did it his way. Here's how he describes it:

BECAUSE I had been having a little problem with my hip on the few previous walks in Capitola, Pacific Grove, and Monterey that weekend, I had

basically written off the [Point Lobos](#) hike on December 15 because the 5K and 10k hikes featured such nasty terrain. But instead, I struck out on my own and discovered that the park has lots of easy, flat, well-maintained trails with great views of trees and ocean. In not much time on trails with no hills, no rocks, no roots and only four or five gentle steps, I got to Sea Lion Cove, the North Point just beyond a loop around a cypress grove, and Whaler's Cove. It was terrific! —Miles Wichelns



Thank You, Nancy Alex!

*For coordinating the Sticks New Year's Events over the years,
And for your tireless, constant presence (in your Signature Apron).*



*Lisbon Elementary School
January 1, 2017*



*Pioneer Congregational Church
January 1, 2018*

Unfortunately, Nancy was laid up with injuries from a bicycle accident, and we all sorely missed her.

*Pioneer Congregational Church
January 1, 2019*



*Pioneer Congregational Church
January 1, 2020*

New Year's Eve & Day 2020 With the Sticks

Social Hall of the Pioneer Congregational Church at 2700 L Street

5K and 10K Walks in Sacramento

Photos by: Theresa Ihara, Bruce Calkins, John McLaughlin



New Year's 2020 With the Sticks Continued



New Year's 2020 With the Sticks Continued



Happy New Year and Happy New Decade From The No Sweat Gazette!

With the onset of a new decade, it sure is a glaring reminder of how time passes, isn't it? As I watch not only the years but even the decades seem to whisk by faster and faster, I am, alas, forced to face squarely the reality that I am galloping toward old age. And that's all the more reason for me to deeply appreciate our special walking club that offers us constant opportunity across time to get out there and have fun, keep walking, stay healthy, and keep going. And so, on those days when I find myself debating whether I should surrender and plop down in an easy chair or lace up the walking shoes and head out for good times with friends on the trail, I always remind myself that *it is not how old I am*; rather, *it is how I am old*... —John McLaughlin, Editor